

The Margaret Eaton School

A TWO-YEAR NORMAL COURSE
IN PHYSICAL EDUCATION



Calendar 1929-1930



BASKETBALL TEAM, 1928-'29.

The Margaret Eaton School

Mary G. Hamilton, Director

Faculty, 1929-1930

LAURA CUYLE GEDDES, Graduate of the Sargent School for Physical Education, Cambridge, Mass.

CHARLOTTE KAULBACH, Graduate of Bedford Physical College, England.

LILABEL I. SLOAT, B.A., Graduate of Chicago Normal School of Physical Education.

FLORA MACDONALD MUSGRAVE, B.A., Graduate of The Margaret Eaton School.

D. E. ROBERTSON, M.D., Examining Physician.

CHARLOTTE H. LAYTON, B.A., Secretary.

Staff of Camp Tanamakoon

In addition to members of the Faculty, there will be extra instructors for canoeing, sailing and campcraft.

Calendar 1929-1930

First Term - - - September 4th to November 22nd

Second Term - - - November 23rd to February 26th

Third Term - - - February 27th to May 28th

Camp Tanamakoon, September 4th to October 1st

Christmas Vacation, December 26th to January 6th

Easter Vacation - - - April 17th to April 23rd

The School

Buildings and Location

CITY LOCATION:

The Margaret Eaton School is situated at the corner of Yonge and McGill Streets. In this building there is adequate class-room accommodation, a thoroughly equipped gymnasium, and a swimming tank, with modern filtration plant.

Residential accommodation assures to out-of-town students comfortable quarters and wholesome food during their years of study. Details of prices and regulations will be sent on application.

THE SEPTEMBER CAMP

The classes will commence their regular course of instruction at Camp Tanamakoon on September 4th. This plan of opening the season with a month's training under camp conditions presents many attractive features.

Camp Tanamakoon is beautifully situated on White Lake, Algonquin Park, about two miles from Highland Inn and the Park headquarters. The main building of the Camp consists of a large recreation room with fireplace, a screened-in dining-room, and a kitchen. Cabins along the Lake shore provide the campers' sleeping quarters.

A well-sheltered bay offers ideal conditions for swimming and canoe instruction; a level clearing behind the Camp gives ample space for games and athletics, and the network of lakes in the Park makes possible innumerable canoe trips.

The Normal Course

The Normal Course in Physical Education demands junior matriculation or its equivalent at entrance, and gives the student at the end of two years' study a Teacher's diploma in Physical Education. This course aims to make its graduates competent to organize and take charge of every branch of physical training for girls.

The Practical Subjects of the course include Gymnastics on Swedish and American principles, Remedial Gymnastics, Practice Teaching, Folk and Aesthetic Dancing, Fencing, Swimming, Life-saving, Archery, Track and Field Athletics, Indoor and Outdoor Games, including Ground-hockey, Ice-hockey, Basketball, Baseball and Tennis; also Voice Training and Public Speaking.

The Theoretical Subjects of the course include Anatomy, Physiology, Hygiene, Anthropometry, Theory of Gymnastics, Theory of Games, Applied Anatomy, Physiology and Psychology of Exercise, Methods of Teaching, First Aid and Home-Nursing.

In September, at Camp Tanamakoon, in addition to the regular course of instruction, there will be special courses in Canoeing and Sailing. Week-end canoe trips are taken under the supervision of experienced guides.

Subjects of Study in Detail

THEORY

History of Physical Education—This course covers a brief survey of the field of Physical Education from ancient to modern times.

Anatomy—This course includes study of the muscles, bones, joints, and of the various tissues; also of the nervous system, the vascular system, and the viscera.

Physiology—A study is made of the interrelation of various bodily functions. This course forms the basis of the work in Hygiene.

Hygiene—The object of this course is threefold:—First, to give the student a scientific and practical knowledge of the means of maintaining health, for which purpose the general principles of hygienic living are studied, including the effect of air, food, sleep and bathing; second, to acquaint the prospective teacher with the principles of Hygiene in the choice of site, construction, and administration of rural and city schools, such topics being discussed as seating, ventilation, lighting, toilets, drinking fountains, etc.; and last, to enable teachers to give instruction in Public Schools regarding health habits.

Anthropometry—Anthropometry treats of the theory of measurements of the human body; the work includes the taking of physical measurements, and the testing for normal eyesight and hearing.

Applied Anatomy—A study is made of the fundamental gymnastic movements and positions. The action of joints and muscles is studied in the natural movements of daily life, and in organized activities.

Remedial Gymnastics and Massage—Instruction is given in the causes and recognition of scoliosis, weak feet, and faulty posture, such as round shoulders, flat chest,

forward head, round back, etc. The practical course in massage considers the technique, methods, and means of applying this treatment.

A postural clinic is held twice a week which the Seniors attend in divisions. Programmes of exercises are prepared to meet individual needs, and the treatments are given by the students, under supervision.

Methods in Physical Education—This course has three objectives, namely, to discuss the history and principles of the so-called "Systems" of gymnastics; to study the character, selection and arrangement of gymnastic exercises and activities; and to study programmes and rules governing Field Days and Athletic Meets, Summer Camp routine, and standard physical tests.

Theory and Practice of Games—This course includes a study of child psychology and the various Theories of Play, to aid the student in determining games suitable for all ages. The practical material presented includes games ranging from singing games to those more highly organized; all are discussed and classified according to their value for different age groups.

First Aid and Home Nursing—A complete course of instruction is given in quick and efficient treatment in cases of accident, in the prevention of illness, and in the care of the sick in the home. It leads, upon examination, to the certificates of First Aid and Home Nursing of the St. John's Ambulance Association.

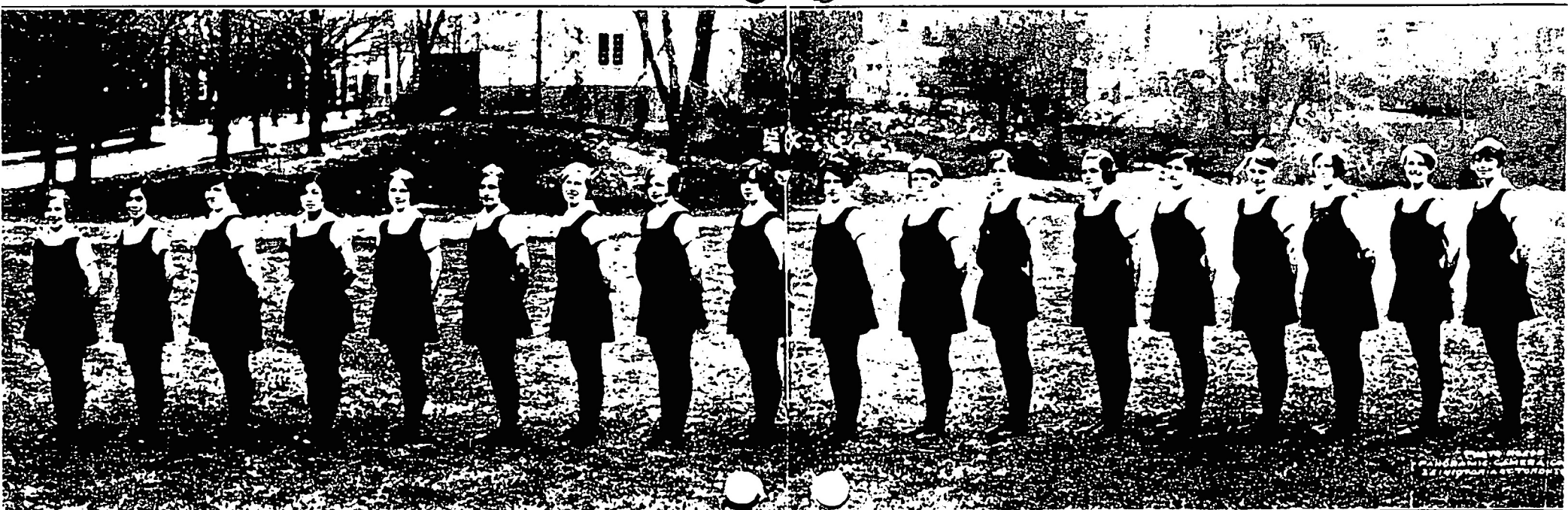
PRACTICE

Practice—The Department devotes sufficient time to the practical side of the work, to give the student a working knowledge of all the practical subjects included in the curriculum. (See page 5).

Practice Teaching—In addition to the regular periods of practice teaching, the students of the Senior year take charge, under the supervision of the Department, of classes of Public School children.



PHYSICAL EDUCATION STUDENTS, 1923-'29.



GRADUATING CLASS, 1929.

Graduates of the Margaret Eaton School

Since its re-organization.

1926

Combe, Beatrice, Clinton, Ont.
Depew, Agnes, 223 London Road, Sarnia, Ont.
Gilchrist, Louise, Mrs. Beverly Milner, 51 Standish Ave., Toronto.
Goss, Enid, Glen Mawr School, Toronto.
MacKenzie, Edith R., 375 Christiana St. N., Sarnia, Ont.
McFadzen, Ethel M., Assistant Director, Y.W.C.A., Duluth, Minn.
Miller, Edna M., 295 Lauder Ave., Toronto.
Naylor, Janet, Assistant Director, Ontario Ladies' College, Whitby, Ont.
Smith, Dorothy, Mrs. Norwood Jackson, Sudbury, Ont.
Tapley, Louise, University of Minnesota, St. Paul, Minn.
Torrington, Victoria, Sudbury, Ont.
Vanstone, Margaret, Mrs. W. Levan, Kapuskasing, Ont.

1927

Ainslie, Marian, Overbrook Academy, Overbrook, Penn.
Allan, Dorothy, Swimming Instructor, Eaton Girls' Club, Toronto.
Brewster, Madge, Birmingham School, Birmingham, Penn.
Jackson, Dorothy, Y.W.C.A., Winnipeg, Man.
Laidlaw, Phyllis, King's Hall, Compton, P.Q.
McCulloch, Annie, Y.W.C.A., Halifax, N.S.
Miller, Elva, East End Branch, Y.W.C.A., Toronto.
Muir, Eileen, Y.W.C.A., Regina, Sask.
Samarow, Alexa, Settlement House, Montreal, P.Q.
Shand, Katharine, Ottawa Ladies' College, Ottawa.
Sorby, Phyllis, College Heights, Guelph, Ont.
Thomson, Lillian, Assistant Director, Central Y.W.C.A., Toronto.
West, Leola, Physical Director, Protestant Schools, Quebec City.
Westland, Sterling, Vocational and Technical School, London, Ont.
Wickson, Mildred, Community Classes, Toronto.
Williams, Vera, Y.W.C.A., Brantford, Ont.



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